

MyCHDSReport Study Chemical Assays List

Classification	Chemicals	Reason Produced	Source of Exposure	Health Concerns	Ways To Reduce Exposure
<p>Flame Retardants</p>	<p>Polybrominated diphenyl ethers (PBDEs) PBDE 47 PBDE 99 PBDE 100 PBDE 153 PBDE 154 5-OH-BDE47 4'-OH-BDE49</p>	<p>A class of chemicals that are added to products like foam used in furniture or hard plastics used in TVs and computers, to reduce how quickly a product catches on fire.</p>	<p>Household dust, hard plastics used in electronics and cars, contaminated water and food.</p>	<p>Evidence of hormonal effects in humans</p> <p>Evidence of developmental harm in humans</p> <p>Can cause reproductive harm</p> <p>Affects brain function</p> <p>Known carcinogen</p>	<p>Fix rips in furniture so foam isn't exposed.</p> <p>Ask for furniture that doesn't contain flame retardants, including in the foam.</p> <p>Choose furniture made from naturally flame-resistant fabrics and padding such as wool, hemp, polyester, latex, down, or leather.</p> <p>Choose rug pads made from felt, jute, or rubber rather than foam.</p> <p>Flame retardants may be present in your household dust. Try to keep dust levels low. For example, wipe surfaces with a damp cloth and use a vacuum with a HEPA (high-efficiency particulate air) filter to prevent dust from recycling into the air. Wash your hands before you eat.</p> <p>California updated its flammability standards in 2015 to provide fire safety without using toxic chemicals. Tell your elected representatives you support fire safety without toxics.</p>

Classification	Chemicals	Reason Produced	Source of Exposure	Health Concerns	Ways To Reduce Exposure
Pesticides	b-BHC 2,4'-DDT 4,4'-DDT 4,4'-DDE HCB trans-nonachlor oxychlordane	These pesticides were used in agricultural practices and disease control programs, but have been banned in the U.S.	They are still found in the environment and end up in fatty foods such as meat, some fish, and dairy products containing fat. They are found in dust and soil.	Pesticides can cause many types of health effects, including effects on brain and reproductive system development and function, hormone systems, ability to fight disease, cancer, and kidney and liver function.	<p>Pesticides may be present in your household dust. Try to keep dust levels low. For example, wipe surfaces with a damp cloth and use a vacuum with a HEPA (high-efficiency particulate air) filter to prevent dust from recycling into the air.</p> <p>Place rugs in doorways to avoid tracking pollutants into your home and take off your outdoor shoes at the door.</p> <p>Trim off skin and fat from fish and meat and let fat drain off after cooking. Buy fish with lower levels of these chemicals. Consult a fish consumer guide like the Environmental Defense Fund Seafood Selector or the Monterey Bay Aquarium Seafood Watch to learn how to make the best choices when eating fish.</p> <p>Avoid using pesticides. CHDS tested for pesticides that aren't used anymore. The pesticides used today are regulated by the Environmental Protection Agency, but their long-term effects on health aren't always known. Try to avoid using pesticides, and encourage your neighbors and community to do the same.</p>

Classification	Chemicals	Reason Produced	Source of Exposure	Health Concerns	Ways To Reduce Exposure
Industrial Pollutants	<p>Perfluorinated Compounds (PFCs) PFNA PFHpA PFDeA PFDoA PFOS PFOA PFOSA Me-PFOSA-AcOH Et-PFOSA-AcOH PFHxS PFUdA</p>	<p>Chemicals used to make coatings and products that resist heat, oil, stains, grease and water.</p>	<p>Contaminated air and water, industrial sources, used in making non-stick pans and utensils, coating on food packaging especially greasy or fast foods</p>	<p>PFCs may be linked to cancer, effects on fertility and child development, and effects on the brain or thyroid.</p>	<p>Use pots and pans that are steel clad, enameled, cast iron, or anodized aluminum and avoid nonstick coatings.</p> <p>Choose clothing, rugs, and furniture made from natural, untreated materials whenever possible. Avoid things labeled as "stain or water resistant" or "wrinkle-proof."</p> <p>Keeping dust levels low can reduce your exposure to many chemicals. Wipe surfaces with a damp cloth and use a vacuum with a HEPA (high-efficiency particulate air) filter. Wash hands frequently.</p> <p>Choose fresh foods when you can to avoid food stored in grease-repellent food packaging such as pizza boxes and microwave popcorn bags.</p>

Classification	Chemicals	Reason Produced	Source of Exposure	Health Concerns	Ways To Reduce Exposure
Industrial Pollutants	<p>Polychlorinated byphenyls (PCBs)</p> <p>PCB28 PCB66 PCB74 PCB101 PCB99 PCB105 PCB118 PCB138 PCB153 PCB156 PCB167 PCB170 PCB180 PCB183 PCB187 PCB194 PCB203</p>	<p>Manufactured as insulator fluids for use in heat-exchangers and transformers, as hydraulic fluids, and as additives to paints, oils, and caulks.</p>	<p>PCBs are found in pre-1979 fluorescent light ballasts and caulk as well as air, dust, and soil in and around older buildings.</p> <p>PCBs are found in fish from polluted waters and soil in former industrial areas.</p> <p>PCBs were used in electronic equipment, floor finishes, and construction materials before they were banned in the U.S. in 1979.</p>	<p>PCBs are endocrine disrupting compounds that affect thyroid hormone and the developing brain and are associated with breast cancer.</p> <p>PCBs have been demonstrated to cause cancer, as well as a variety of other adverse health effects on the immune system, reproductive system, nervous system, and endocrine system.</p>	<p>PCBs enter rivers, lakes, and bays, where they contaminate fish. Species like bluefish and striped bass can have particularly high levels, especially if they were caught near industrial areas. Consult a fish consumer guide like the Environmental Defense Fund Seafood Selector or the Monterey Bay Aquarium Seafood Watch to learn how to make the best choices when eating fish.</p> <p>PCBs accumulate in fat. Trim off skin and fat from fish and meat and let fat drain off after cooking. Choose low-fat dairy.</p> <p>Structures built before PCBs were banned may have used contaminated materials. Avoid touching caulk or surfaces near caulk in pre-1979 buildings.</p> <p>Be careful when renovating older buildings. Follow EPA guidelines for managing PCB-containing materials. Wood floors with shiny finishes from the 1950s and 1960s may contain PCBs.</p>

Classification	Chemicals	Reason Produced	Source of Exposure	Health Concerns	Ways To Reduce Exposure
Lipids	triglycerides total cholesterol	Lipids are natural fats produced by the body. Lipids were measured because they affect concentrations of other compounds listed in the table.	Diet and individual body metabolism	<p>Elevated levels of LDL cholesterol have been strongly associated with an increased risk of heart attack and stroke.</p> <p>In recent years several studies have established that people with elevated levels of triglycerides are indeed at increased risk for heart disease.</p> <p>Very high triglyceride levels are also a risk factor for acute pancreatitis.</p>	We measured lipids because they affect how chemicals are stored in the body. We used research tests that cannot substitute for medical tests. If your cholesterol result is over 200, we recommend that you contact your doctor.